

Warm up and General Stretching

- Start Standing tall, reach for the ceiling, then for your toes.
- Walk out to a plank
- bring your chest towards the floor and go into an up-dog position
- flip it around to down dog
- Come back into a plank, keeping your core engaged, walk your hands to your feet and stand up.
- Repeat 3 times or more if that feels good.
- On the plank after the third (or last) down dog bring one foot forward into a low lunge, stretch and hold here for a few moments then intensify the stretch by bringing that inside elbow down to the inside of your foot.
- Come back up and twist, reaching that hand to the ceiling.
- On the way back down push your hips back and straighten out that front leg, keeping those toes pointed at your face to stretch out your hamstring.
- Come back to the low lunge, before raising your upper body and opening up to a warrior 2.
- With your arms out long, reach forward up and back with the front hand and stretch out the side of your body. Hold here for a moment or two
- Come back into a low lunge before pushing back into a down dog.
- Repeat that sequence on the other side.
 - Plank
 - Low Lunge
 - Elbow to inside of foot
 - Twist and reach for the ceiling
 - Back to center
 - Push your hips back, straighten front leg
 - Low Lunge
 - Up to warrior 2
 - Move front hand forward - up - back to crescent moon
 - Low Lunge
 - Down Dog
- Next, bring the opposite foot back up into a low lunge, this time dropping that back knee to rest on the floor.
- Bring your upper body up and raise your hands over your head to reach for the ceiling, pushing your hips forward to open up the hip flexor.
- Come back down
- Go into a down dog.
- Repeat on the other side.
 - Low lunge, back knee on floor
 - Reach for the ceiling
 - Push hips forward and stretch
 - Hand come to floor
 - Push back to down dog
- Once back into the down dog bring one foot forward into a pigeon, making sure to keep your toes active, pointing the back toes and flexing the front.
- Lay forward stretch out to one side and then the other.
- Come back into down dog.
- Repeat on the other side.
 - Other foot comes forward into pigeon
 - Lay forward
 - Then to one side and the other
 - Come back to center
 - Press back to down dog
- Walk your feet to your hands trying to keep your legs straight and core engaged.
- Slowly stand and reach for the ceiling, trying to stand as tall as possible.
- Grab one wrist and bend to the opposite side.
- Then do the same on the other side
- Come back to the center. Standing as tall as possible and keeping your neck long, bring your elbows down and back to open up the chest and activate the shoulders.
- Reach for the ceiling again, keeping your shoulder blades down. Do this a few times.
- Lower your arms back down to your sides and you are ready to continue on or repeat the sequence again.